

FORT BUCHANAN

El Morro

NEWS AND EVENTS • APRIL 2015

Live & Explore
Vol. 1 Issue 4

*Month of the
Military Child &
Child Abuse
Prevention*





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From the Garrison Leadership From the Garrison Commander



This month we celebrate 45 years of raising awareness on sustainability and in promoting care for our environment. This idea was founded in 1970 by US Senator Gaylord Nelson. His vision was to conduct awareness activity in order to respond to the widespread degradation of our environment. In its first year, he was able to rally 20 million people. Since then, this event has evolved into a movement supported by more than 500 million people and several national governments in 175 countries around the world. Each year, the U.S. Army celebrates Earth Day at approximately 200 major commands, installations and organizations. This year's 8th Anniversary of the Fort Buchanan's Army Earth Day Expo, we take the opportunity to reaffirm our commitment to Sustainability, Energy Security, and Net Zero.

The IMCOM Campaign Plan asks three fundamental questions:

Are we doing the right thing? This is you and this is me as individuals and our commitment to take personal responsibility.

Are we doing things right? Are we turning lights off when not in use, reporting leaking faucets or using newer compact fluorescents? These are simple everyday changes that will conserve energy and water without costing the Army.

What are we missing? Look around you, and challenge yourself. Think of innovative ways to take care of our planet and to help our organization to conserve it as well. Educate others. Spread the word. Earth day is not just about today; it's every day. Ask yourself "What else could I do that is not being done?"

I'm satisfied that we are doing our part in achieving these goals but we need to do more. We need commitment which will allow us to leave a legacy to future generations, while providing them a safe and healthy earth which they can make their own.

Please join us on Wednesday, 22 April 2015 at the Community Club from 0900 to 1400.

"Sustaining the Environment, for a Secure Future" "Army Green is Army Strong"

From the Garrison Command Sergeant Major



April is a month full of celebration, not only because the tax season is almost over, but because of all activities that highlight the importance of our future. In April we celebrate the Month of the Military Child and the Child Abuse Prevention Month. This month was established to underscore the important role children play in the Armed Forces community and to raise awareness to the myriad of programs available for them. Child Abuse Prevention month encourages public awareness of child abuse and neglect, recommit resources to the cause, and promote community involvement through local activities. As a parent I encourage you to reward your children with attention and kind words. Take time at the end of each day to connect with your children with a hug, a kiss, a smile, or a few minutes of listening and talking. Find ways to engage your children while completing everyday tasks. Teach the right way and they will pay it forward.

During this month we also celebrate Earth Day. We highly encourage you to be part of our Earth Day Expo. The theme for this year expo is, "Building Environmental Legacy for Future Generations".

As I stated before, this month highlights the importance of our future, our children and Earth. I invite you be part of all the activities that increase awareness on our kids programs and the conservation of earth. Our future depends on the message we provide to the new generation and the resources we make available for them to enjoy.

God Bless You All!

SecDef outlines priorities at all-hands meeting

By Cheryl Pellerin
DoD News, Defense Media Activity

WASHINGTON, Feb. 19, 2015 – During a standing-room-only all-hands gathering in the Pentagon's auditorium today, Defense Secretary Ash Carter enthusiastically greeted those he will lead and discussed his priorities as the 25th secretary.

Deputy Defense Secretary Bob Work introduced Carter, citing the defense secretary's "deep understanding of our business, of our shared enterprise, of organizing and training and equipping an organization [and] a fighting force that is ready for war and operating forward to preserve the peace."

Taking the podium, Carter said, "The first and most important commitment for me always has been and always will be to you ... I mean all of you -- those who make up the greatest fighting force the world has ever known, and the finest and most decent fighting force the world has ever known."

The total national team includes soldiers, sailors, airmen and Marines. It includes civilians and contractors, he added, "and the fallen, the families of the fallen and wounded warriors. I think we have to start there."

Commitments and Priorities

To those he will lead, Carter explained how he sees the job and what he'll be doing, and detailed his commitments and priorities.

Carter said a critical responsibility for him as defense secretary is "to make sure we never put anyone and their family in [harm's way] without the greatest care and reflection about why we're doing it and what its purpose is and what the benefit is for our nation and for the future."

A primary role in the job, the secretary said, is to assist the president and the national leadership in making decisions that will keep the nation safe and protect the country and its friends and allies now and into the future.

"We're a large institution ... a beacon of quality, if I may say so, in the federal service, so we have a lot to offer our national leadership in helping them make decisions," Carter said.

DoD's 'Great Expertise'

"I intend to be very active in doing that," he added, "and I will be counting on you to help me, and lift the great expertise of this department and all its people to the service of the country's national security decisions."

Carter summarized the multiple national security threats -- old and new -- facing the nation, but said the nation also has bright opportunities to explore.

"We are not only the finest fighting force

in the world, but I think we're the brightest beacon of hope as a country in the world," Carter said.

"If you want evidence of that," he added, "take a look at who has all the friends. The United States has friends and allies in every part of the world. No other country on earth can say that, [and] our antagonists have none or few."

ing in the future also means attracting young people to the department's mission, he noted.

The Sept. 11, 2001, terrorist attacks against the United States were a "terrible" thing, Carter said. However, 9/11 also was a "galvanizing thing for our country," he said, that "motivated many people" to come to the defense of the nation.



Defense Secretary Ash Carter speaks to military and civilian employees at the Pentagon during an all-hands meeting where he greeted the workforce and discussed his priorities, Feb. 19, 2015. DoD photo by U.S. Air Force Master Sgt. Adrian Cadiz

Opportunities to Pursue

Carter said the country has a lot to be proud of and many opportunities to pursue, "if only we can all come together and grab hold of them" for a better future.

Today's constrained budget and resource environment presents challenges, he acknowledged.

"If we're going to convincingly make the case to our people that they need to spend more on their defense -- which I believe they do -- we need to, at the same time, show them that we know we can do better at spending that money," Carter said.

Being open to change and to the wider worlds of technology and culture will help make the Pentagon better at spending money, and better at succeeding in the future, he added.

Continuing to Excel

"If we're going to continue to be the best, we need to be open to the future and open to change. And you'll see me challenging you all and myself to be open in that way," the secretary said.

For the Defense Department, succeed-

Attracting the Next Generation

There is something compelling about the commitment, the mission and the excellence that those in DoD's workforce represent and that those to come will find attractive, he added.

"They'll want to follow, not in our footsteps, because ... they're going to want to do it in their own way, but in the same general direction that we came," the secretary said.

Carter said he'll try in the best way he knows how to speak to the country as a whole "about us and who we are, and try to reflect who you are. And speak to the generation to come and appeal to them and challenge them to fill the shoes of the really excellent people I see in front of me."

He told the audience, "You are excellent. You mean everything to me. The people of this department are so very wonderful and my wife Stephanie and I are so very devoted to you."

That, Carter said, "is why I'm back. It's that simple. It's you. It's the mission. And I look forward once again to being in your ranks and working with you."

MWR INFORMS

April is Child Abuse Prevention Month

Child Abuse Prevention Month is held each April to increase awareness about the importance of preventing child abuse and neglect. It also serves as a time to remember those who have suffered, as well as a reminder to continue the important work to help kids and Families stay safe and be strong.

What is child abuse? Child abuse is a when a child's parent or legal guardian inflicts serious physical injury, creates a substantial risk of serious physical injury, or commits an act of sex abuse against the child. A person can also be guilty of child abuse if they allow someone else to do these things to that child.

Anything you can do to support kids and parents can help reduce the stress that often leads to child abuse and neglect. You can also help Families by directing them to the Army's Family Advocacy Program (FAP). This program enhances Soldiers and their Families quality of life by offering them a variety of seminars, workshops, and counseling and intervention services.

Be a friend to a parent you know. Ask how their children are doing. Draw on your experiences to provide reassurance and support. **Show you understand.**

Be a friend to a child you know. Remember their names. Smile when you talk with them. Ask them about their day at school. **Show you care.**

Talk to your neighbors about looking out for one another's children. **Show that you are involved.**

National Child Abuse Hotline at 800-422-4453
FB Family Advocacy Program at 787-707-3709

Child abuse prevention requires safe communities and responsive families. - Army Family Covenant: Keeping the Promise

Source: ARMY OneSource

April

Month of the Military Child

Wednesday, April 1
10:00am
Automotive Skills Center
Bicycle repair and maintenance class for youth/teens, free of charge.
787-707-3972

Thursday, April 9
3:30pm-4:30pm
Outdoor Recreation
Scuba intro to teens ages 14 and up.
787-707-3734

Saturday, April 11
9:00am-12:00pm
Cafe 151
Gamer's Day
MLB 2015 game will be played.
787-707-2233

Saturday, April 18
10:00am-12:00pm
Golf Course
Introduction to Golf Course for youth and teens ages 8 and up.
\$10 per student.
787-707-3980

Wednesday, April 22
3:00pm
Library
"Paws to Read"
Canofila Federation of PR will bring therapy dogs for story time.
787-707-3208

Saturday, April 25
3:00pm
Fitness Center
Cycling class for teens ages 13 and up, free of charge.
787-707-3767

FAMILY AND MWR EMPLOYEE HIGHLIGHT

Marketing, Advertising & Commercial Sponsorship Graphic Artist

Cristina Marrero

Take a glimpse behind the scenes, and meet Cristina Marrero. You may not have seen her face, but you've definitely seen her work. An integral part of our Family and MWR Marketing team, Ms. Marrero is a talented Illustrator. She creates many of the flyers, banners, posters and graphic design concepts seen throughout Fort Buchanan.

Though her love of art began at an early age, it wasn't until her second year of college that Cristina chose to pursue her dreams. Armed with her degree

in Graphic Design from the *Escuela de Artes Plasticas de Puerto Rico*, Ms. Marrero started her career as an Illustrator with Family and MWR in 2012. When she's not creating beautiful works of art she enjoys spending quality time with her 4-year-old son, Evan, playing guitar, and sketching. Beauty and brawn, Cristina, an avid fitness enthusiast, loves bike riding and working out. Her favorite part of working with Family and MWR is "being a part of fun family atmosphere, full of activity and life."



COMMUNITY CLUB & CONFERENCE CENTER

BBQ and Bouncy Nights

Thursday and Friday BBQs at the Community Club is a place where family and friends gather, eat and feel relaxed. Straight out of work or not, no need to dress up, or spend a lot. Starting at 4:00 pm at the Community Club Parking area.

On **Friday's April 17th, May 8th & 22nd** inflatables add to the children's fun at "Bouncy Nights", starting at 5:00 pm. For more details call 787-707-5105 / 3535

Mother's Day Lunch

Sunday, May 10th, 11:00 am - 3:00 pm

TREAT MOM TO A DELIGHTFUL LUNCHEON AT THE COMMUNITY CLUB!

Buffet Line includes:

Salads: Mixed Green Salad with assorted dressings, Fresh Fruit Salad with Honey and Whipped Cream, Pasta Salad with Grilled Salmon.

Entrees: Roasted Chicken Breast with garlic and lemons, Roasted Pork (Pernil), Potatoes au Gratin, Linguini Alfredo with Sauté Shrimp, and Seasonal Fresh Vegetables.

Desserts: Lemon Pie, Strawberry Cheesecake, Rustic Chocolate Cake.

Mimosa Fountain & a Flower for each Mother.

\$30 per person; \$11.95 children ages 8 - 12; children under 7 years and under free.

More details at 7787-707-3535

BREAK THE ROUTINE

HAVE YOUR LUNCH MEETING
AT THE COQUÍ ROOM

FREE OF CHARGE

when 10 persons or more order the
All You Can Eat Buffet
Tuesday - Friday
from 11:00 am to 1:00 pm
Community Club Bldg. 660

- An intimate room ideal for gatherings up to 50 people
- Delicious All You Can Eat Buffet Includes: Entrees, Sides, Desserts and Beverages
- Ample Parking

Must reserve in advance by calling:
787-707-3535

LUNCH DESTINATION
CULINARY DELIGHTS FROM AROUND THE WORLD!

TUESDAY (Italy)

ENTREE
Stuffed Chicken Breast with Spinach, Ricotta Cheese, baked and glazed with Lemon butter.
Baked Ziti with Meat Sauce Marinara, Ricotta and Mozzarella

SIDES
Roasted Vegetables Zucchini, Yellow Squash, Cauliflower and herbs.
Garlic Mashed Potatoes homemade (Yukon Gold or Red Potatoes) with buttermilk and roasted Garlic.

SALAD
Caprese Salad, Tomato wedges, Mozzarella Cheese, Fresh Basil with Balsamic Vinaigrette

SOUP OF THE DAY
BEVERAGE & DESSERTS

WEDNESDAY (Caribbean)

ENTREE
Mojito Marinated Chicken Breast with Lime Juice, Rum & Mint. Baked.
Shredded Cuban Pork Roast with Meat Sauce Marinara, Ricotta and Mozzarella

SIDES
White Rice and Black Beans
Mango Dressing

SALAD
Mixed Greens, Fried Cheese and Mango Dressing

SOUP OF THE DAY
BEVERAGE & DESSERTS

THURSDAY (Asia)

ENTREE
General TSO Chicken Soy Sauce, Garlic, Sherry Vinegar, Green Onion. Fried.
Pepper Steak Sautéed with Red Pepper, Sweet Onions, Glazed with Soy and Teriyaki

SIDES
Asian Fried Rice
Vegetable Lo Mein

SALAD
Asian Spinach Salad With Fried Noodles, Sliced Almonds, Roasted Sesame Seeds and Mandarin Oranges

SOUP OF THE DAY
BEVERAGE & DESSERTS

FRIDAY (Comfort Food)

ENTREE
Fried Fish Single Flour Batter. Fried with Tartar Sauce and Lemon.
Meat Loaf Lean Ground Beef, Ketchup, Garlic Bread Crumbs, Sweet Onions. Baked.

SIDES
Corn Cakes Sweet Corn, Mozzarella Cheese, Chives. Fried.
Caramelized Green Beans Sautéed in Brown Sugar, Soy Sauce, Red Peppers & Sweet Onions.

SALAD
Comfort Coleslaw with Bleu Cheese, Bacon Bits, Green Onions and Tomatoes.

SOUP OF THE DAY
BEVERAGE & DESSERTS

ALL YOU CAN EAT BUFFET \$10.00
COMMUNITY CLUB
11 AM - 1 PM • TUE - FRI

White Rice and Beans served every day in the Buffet.

ASK FOR YOUR LOYALTY CARD:

COMMUNITY CLUB & CONFERENCE CENTER Loyalty Card

| | | | | | |
|---|---|---|---|----|----|
| 1 | 2 | 3 | 4 | 5 | 11 |
| 6 | 7 | 8 | 9 | 10 | |

PURCHASE TEN "ALL YOU CAN EAT" BUFFETS AT \$10.00 AND GET THE 11th FREE

PLEASE PRESENT YOUR CARD WHEN ORDERING. VOID IF COPIED OR TRANSFERRED. REDEEMABLE FOR ALL YOU CAN EAT BUFFET \$10.00 OPTION ONLY. NO SUBSTITUTIONS.

787-707-3535

FB Reserve Center named after MG (R) Santoni

Maj. Carlos Cuebas
Public Affairs Officer, 1st MSC

FORT BUCHANAN, Puerto Rico - Hundreds of Soldiers, civilians and family members from different branches of the U.S. armed forces in Puerto Rico gathered at Fort Buchanan, March 14 to witness the historic dedication of an Armed Forces Reserve Center after a living person, in honor to retired Maj. Gen. Ret. Felix A. Santoni, whose distinguished career spans more than five decades.

Military structures are normally named after deceased persons, who have made important contributions to an organization, but in recent years John McHugh, secretary of the Army, granted an exception to that rule.

Brig. Gen. Jose R. Burgos, 1st Mission Support Command, U.S. Army Reserve-Puerto Rico Commanding General, hosted the dedication ceremony.

"Today, as we dedicate this modern structure to Maj. Gen. Ret. Felix A. Santoni, we all recognize his lifelong commitment to the well-being and readiness of our troops, always seeking the best resources and facilities that enable our Soldiers to successfully accomplish their mission," said Burgos during his opening remarks.

"Thanks to Maj. Gen. Ret. Santoni's resolute support and tireless efforts, the U.S. Army Reserve forces in Puerto Rico have become an essential part of the total force, with streamlined deployable troops and citizen-Soldiers, who embody the warrior mindset and spirit," added Burgos, who is also the senior U.S. Army officer in the Caribbean.

The keynote speaker for the event was retired Gen. George A. Joulwan, former Supreme Commander, Allied Forces Europe, who was Santoni's supervisor and mentor.

"May the dedication of this building on Santoni's name be a reminder of the great work he has done and continues to do for the people of Puerto Rico and for the troops, as a civilian aide to the secretary of the Army. Clearly, this building will be a lasting tribute to a great son of Puerto Rico. Well done Felix. I am proud to call you my friend," said Joulwan.

Puerto Rico's resident commissioner in Washington, Pedro Pierluisi, also attended the ceremony.

"Santoni is the true figure and a living example of the quality of men that our beautiful island had produced to serve our nation. On behalf of all the Puerto Rican-American citizens, whom I proudly represent, I thank the U.S. armed forces for honoring Maj. Gen. Ret. Santoni in this way. He truly deserves it," said Pierluisi, who also presented a special congressional recognition to the retired general.

Meanwhile, Santoni was grateful while addressing the audience.

"This coming June, I will have served our military for almost 40 years as a Soldier and almost 13 years as a civilian aide to the secretary of the Army. There is no doubt that these have been wonderful years, during which I was able to serve the U.S. Army and Puerto Rico from honorable positions, always giving my very best," said an emotional Santoni, minutes before revealing a bronze plaque with his image.

Born in Arecibo, Puerto Rico, Santoni entered the service at Fort Lee, Virginia, in 1955. During his military career, he served in many important positions in the active

duty, National Guard and Army Reserve, to include commander of the U.S. Reserve Forces, Puerto Rico and chief for Mobilization and Reserve Affairs, U.S. Southern Command (SOUTHCOM) with headquarters at Quarry Heights, Panama.

Since retirement in 1995, Santoni has continued his commitment and service to our nation, as the senior civilian aide to the secretary of the Army for Puerto Rico.

The Maj. Gen. Ret. Felix A. Santoni building represents an investment of over \$21 million into the local economy. With over 72,000 square feet, the modern structure created 625 temporary jobs and currently houses units from the U.S. Marines Reserves, the National Guard and the U.S. Army Reserve-Puerto Rico.

This building is part of a larger modernization of the U.S. Army Reserve facilities across Puerto Rico, to include new Reserve centers in Mayaguez, Aguadilla, Ceiba and Juana Diaz, totaling approximately \$90 million of investment in the local economy.

The Army Reserve constitutes the largest federal U.S. Army command in the Caribbean region. It has approximately 5,000 troops assigned and approximately 300 civilian employees.



Command Sgt. Maj. Harry Munoz, 1st Mission Support Command (1st MSC), U.S. Army Reserve-Puerto Rico command sergeant major (left), observes how Brig. Gen. Jose R. Burgos, commanding general 1st MSC (center left), and retired Maj. Gen. Felix A. Santoni, civilian aide to the secretary of the Army (center right), accompanied by his wife, Carmen Sein, reveal the bronze plaque with Santoni's image, as part of the dedication ceremony of a Reserve Center located at Fort Buchanan, Puerto Rico, March 14.

Photo by Sgt. 1st Class Lymari Sanchez, 1st MSC PAO

FB celebrates 8th Annual Earth Day Expo

Victor J. Rodríguez-Cruz
Environmental Specialist

April is internationally recognized as Earth Month. It is a time to reflect on our views of our environment not only in reference to our natural resources but also within our cultural, social and economical realm. As a Nation we are headed in the direction of becoming environmentally sustainable. Sustainability as defined by the US Environmental Protection Agency is: "Sustainability is based on a simple principle: Everything that we need for our survival and well-being depends, either directly or indirectly, on our natural environment. Sustainability creates and maintains the conditions under which humans and nature can exist in productive harmony that permits fulfilling the social, economic and other requirements of present and future generations."

The pinnacle of the Earth Month is scheduled to be celebrated on April 22 with a worldwide initiative called Earth Day to demonstrate support for environmental protection. This initiative was started by U.S. Senator Gaylord Nelson in 1970. This year Fort Buchanan celebrates its presidential recognition as 2014 GreenGov Sustainability Hero Award with its 8th annual Earth Day Expo at the Community Club from 9:00 a.m. - 2:00

p.m. In accordance with Fort Buchanan's Environmental Management Policy Memorandum #23, dated 6 January 2015, and in keeping with its commitment to conduct operations that are safe and environmentally acceptable, Fort Buchanan promotes resource conservation through waste stream reduction, recycling of materials, pollution prevention, safety, and energy conservation. The Army Earth Day Exposition is an awareness tool which helps us reach our community and neighbors to promote environmental stewardship in partnership with other Federal, State, and Local organizations. This year's theme will be "Building Environmental Legacy for a Sustainable Future". This event is a prime example of how Fort Buchanan exemplifies cohesiveness and teamwork as it brings together the diverse Buchanan community. Our Garrison leadership believes the youth of Fort Buchanan and PR can have a direct, immediate and also long-term impact on the installation and the island's sustainability, therefore any attempt to convince our youth of how valuable their contribution can make a difference is worth the effort. The theme is in accordance with the Army Strategy for the Environment: Sustain the Mission – Secure the Future, which states

that "a sustainable Army simultaneously meets current as well as future mission requirements worldwide, safeguards human health, improves quality of life, and enhances the natural environment."

Every year the activity is highlighted by community involvement and participation with over 500 visitors. Of particular participant recognition is the commitment of all the Fort Buchanan Antilles Schools, MWR Child Development Center and Youth Center, with an estimated participation of over 400 students. Also evident, is participation from Civilian and Military Staff and private sector visitors.

The Directorate of Public Works would like to invite all community members to accompany us in reminding ourselves in becoming better stewards of our natural, cultural and energy resources and continue to pioneer implementation of Army's strategy in becoming sustainable. For more information regarding Earth Day Expo, please contact Anibal Negrón, Chief Environmental Division at 787-707-3575 or Víctor Rodríguez-Cruz, Environmental Specialist Contractor at 787-707-3508.



8th

Annual Earth Day Expo
9:00 a.m. - 2:00 p.m. April 22
Fort Buchanan Community Club and
Conference Center

Golf Time in the Metropolitan area

Join the Fort Buchanan Golf Course Membership Program





Membership fees:

| CATEGORY | INDIVIDUAL | FAMILY |
|---------------------------|------------|------------|
| Active Duty E1-E5 & Youth | \$300.00 | \$480.00 |
| Active Duty E6-O3 | \$480.00 | \$760.00 |
| Remaining qualified | | |
| O4-up / DoD | \$660.00 | \$1,050.00 |
| Civilian | \$900.00 | \$1,400.00 |
| Membership Upgrade | \$700.00 | |

- Free one year cart rental
- Free one year PRGA GHIN Handicap
- 20 Golf Range Tokens to practice

A value of over \$1,200.00 yearly!

For more information call
787-707-3980

GOLF COURSE



Broaden Your Social Circle at the Golf Course

When you join a club and start participating in games and activities, you are likely to meet a lot of great people with similar interests. Not only can you meet people who enjoy golf, but your whole family can meet new people at the other facilities and club-sponsored events.

In fact, a nice golf club might become the center of your social life. Many have private dining halls and a professional staff that can be reserved for private events. You can hold your daughter's wedding or next corporate sales leadership meeting Fort Buchanan's Community Club and Conference Center. You don't have to leave your extended family or old friend behind either. Clubs give their members guest privileges so you can treat the folks you care about to a round of golf.

2 Person Scramble Tournament

Saturday, April 25th, 9:00 am

Shotgun Start

Format: 2 Person Scramble

Must have current GHIN index to participate.

Cost: \$30 Members, \$45 Guests

Registration deadline is Wednesday, April 22nd at 5:00 pm

Game Improvement Series: How to Curve the Golf Ball

Saturday, April 11th, 12:00 pm

\$12.00 per student per session.

Open to the first 12 students to sign-up and pay enrollment.

Call 787-707-3980 for more details.

ACHIEVE GREAT RESULTS WITH OUR FIVE DAY LESSON PROGRAM!
SATURDAY SESSIONS



GET GOLF READY CLASSES

April 18

Putting

at 9:30 am

April 25

Chipping

at 9:30 am

May 2

Pitching

at 9:30 am

May 9

Full Swing

at 9:30 am

May 16

On the Golf Course

at 9:30 am

Package Fee: \$99.00 First eight students maximum to register and pay per session.
For more information 787-707-3980.



Coffee can be more than you bargain for!

It is part of the local culture! Coffee in Puerto Rico can be similar to what Tea is for England or Asia. The ceremony starts with the aroma and has additional benefits when enjoyed with friends chatting over a topic of interest. Its even better to know that consuming that delightful cup can also have healthy effects! Check some of the benefits out:

Provides antioxidants- A typical serving of coffee contains more antioxidants than typical servings of grape juice, blueberries, raspberries and oranges. Antioxidants in coffee may dampen inflammation, reducing the risk of disorders related to it, like cardiovascular disease.

Boosts mood- Drinking coffee on a regular basis boosts your mood mainly due to the high dopamine amounts that are entering your bloodstream.

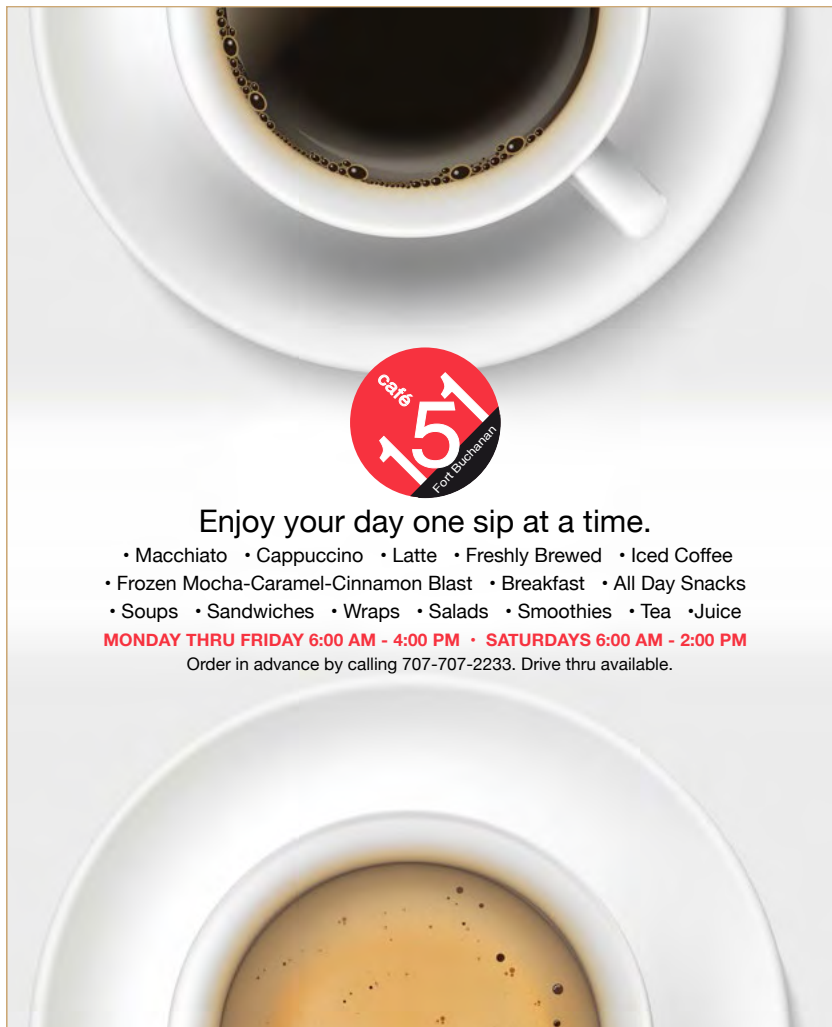
Enhance memory- Coffee is well known for improving short range memory and thus it benefits the brain. In addition to memory enhancement, drinking coffee also increases your reaction time and concentration, which usually results in better productivity.

How Safe or Beneficial is Coffee Then?

For most people coffee can be a healthy part of the diet and there is no reason to not enjoy a couple cups a day unless you can't control your consumption. The key is moderation, which is typically 2-3 cups a day, to get the coffee health benefits but avoid the negative issues associated with too much caffeine.

Sources: CaffeineInformer and BenefitOf.net

• BOWLING NEWS • CAFÉ 151



Enjoy your day one sip at a time.

- Macchiato • Cappuccino • Latte • Freshly Brewed • Iced Coffee
- Frozen Mocha-Caramel-Cinnamon Blast • Breakfast • All Day Snacks
- Soups • Sandwiches • Wraps • Salads • Smoothies • Tea • Juice

MONDAY THRU FRIDAY 6:00 AM - 4:00 PM • SATURDAYS 6:00 AM - 2:00 PM
Order in advance by calling 707-707-2233. Drive thru available.



TEEN BOWLING
Monday thru Thursday
3:00pm-5:00pm/\$2.75 per game
Free Shoe Rental
787-707-2695

Teens and Bowling make a Good Match

Bowling is an appropriate activity for anyone, and the bowling center is a fun place for teens to hang out. Teens can join bowling leagues, or just bowl a few games with their friends. It's inexpensive to rent shoes and pay for bowling, even on a Friday or Saturday night, and this can keep teens occupied for hours. There is also "Cosmic bowling," where black lights, fun music, and neon balls make for a high-energy bowling experience. Buchanan Bowl's safe environment is accessible for community teens and offers "**Teen Bowling**" Mondays thru Thursdays from 3:00 pm to 5:00 pm for \$2.75 per game with FREE Shoe Rental.

More details by calling 787-707-2564.

Reference: <http://www.ehow.com>



The Inspector General Informs

Civilians and the IG:

Civilian (GS, NAF) Inspector General Action Requests (IGAR) which are Usually NOT IG Appropriate:

Grievances:

Refer to Civilian Personnel Advisory
Center (CPAC)

Appeals of Adverse Action:

Refer to CPAC

Discrimination or Harassment

Complaints:

Refer to Equal Employment
Opportunity (EEO)

Whistleblower Reprisal:

Referral depends on status
(Office of Special Counsel)

Civilian IGARs which May Be IG Appropriate:

Matters not directly affecting the employment
situation or well-being of the individual:

- No other forms of redress are available
- Third-party complaints
- Misconduct
- Mismanagement
- Fraud, Waste, Abuse

AR 20-1, para. 6-3h

A&I Guide Part One, Sect. 6-1

If unsure, stop by the local
IG office for a consultation

Season of growth

1st Lt. Cristina
Dominguez
Chaplain Candidate



"We have come to know and believe the love God has for us. God is love. If you live in love, you live by the help of God and God lives in you." John 4:16

Spring is the season not only of new life, but a time for clearing away the old. Rooting out dead weeds and decaying overgrowth can be a painful process. The Apostle Paul says "put away anger, jealousy, wrath, slander and clamor and put on a heart of compassion, kindness, humility, gentleness and patience, bearing with one another, forgiving each other just as God in Christ has

God has prepared a plan for you, and your dependency on Him will get you through this process of renewal that will help you as you seek to transform your ways to God's way.

Just as trees blossom anew, it is good to let go of the old ways of behavior, finding better ways to treat others and yourself.

There is a price in all this. Letting go is more than verbal, and doing it often brings doubt as we confront who we are in our commitment to renew ourselves through a self-discovery. Sometimes we do not like who we see in the mirror.

But it requires patience. Trees enter into spring blooming slowly but consistently. Between the challenges of letting go and accepting our own responsibility to take action of inner transformation, God can assist us with His great and deep love, His presence can change hearts. Romans 12:2 states "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is His good, pleasing and perfect will."

Good relationships start with a belief that God will strengthen us and extend that strength to others. The results will be joyful, optimistic, and full of God's driven purpose. It is not something we do alone, but with God's help.

In this Spring season, I trust that you will not only rejoice in new life but in the transformation of the old as God renews you. Blessings in this season of Spring and joy.

**Fort Buchanan Installation Safety Office
The Army Traffic Safety Training Program
(ATSTP)**

Motorcycle Safety Foundation (MSF)

Basic Riders Course (BRC) 2-days

-First-time riders

-Inexperienced riders -

No motorcycle ownership required

Experienced Riders Course (ERC) 8 hours

-BRC graduate

-MSF renewals

Military Sports Bike Rider Course (MSRC) 8 hours

-BRC graduate

Advanced Rider Course (ARC) for Civilians - 8 hours

-BRC graduate

No motorcycle license is required.

Courses are certified by MSF and authorized by the
Department of Defense. Training motorcycles are
available for the Basic Rider Course!

Required Safety Gear

-Helmet (DOT/SNELL approved)

-Shatterproof eye protection or helmet visor

-Full-length trousers and long-sleeved shirt or jacket

-Sturdy footwear that provides over the ankle protection

-Full-fingered gloves

-Reflective vest (Highly Encouraged)

All service members welcome

Free for military personnel

Courses available weekly



For course registration, schedules, location, and additional information: Contact Alfredo Nogueras at (787)

707-3853 or Luis Salazar at (787) 707-2560

-Register online at <https://imc.army.mil/airs>



**Come and
celebrate our
240th Army
Birthday**



240

**For more information
and tickets, call
787-707-3521/3632**

Upcoming events

Fort Buchanan Spring
Clean-up Event
May 1

National Day of Prayer
May 7

Military Spouse Day
May 8

Mother's Day
May 10

Armed Forces Day Run
May 15, 0630

Memorial Day
May 25

April 2015

SUN 5

Easter Brunch @ The Club
11am-3pm, 787-707-3535

Every Sunday Family Bowling from
1pm to 5pm, 787-707-2695

Underwater Easter Egg Hunt,
3pm, Waterspout, 787-707-3550

MON 6

Every Monday Oil Change for \$8.00 at the
Automotive Skills Center 787-707-3972

Cycling Class
12:00pm/4:30pm/6:00pm, @ the Fitness
Center, 787-707-3767

Mondays thru Thursdays Teen Bowling
Special @ Bowling Center, 3 pm – 5 pm
787-707-2695

TUE 7

Every Tuesday Cycling Class at Fitness Center
5:30am/12pm/4:30pm 787-707-3767

Computer Orientation @ the Post Library,
10am 787-707-3208

Tue thru Fri: Lunch @ the Club,
11 am -1 pm 787-707-3535

CYS Month of the Military Child Kick-off,
Bldg. 1000, 3pm-5pm, 787-707-3787

Every Tues. & Thursday BINGO at the Club
6pm, 787-707-3535

Tuesdays through Thursdays SKIES Swimming
Classes, @ the Water Spout, 4:30pm/5:00pm,
787-707-3541

WED 8

Zumba Demo Class, Fitness Center,
9am, 787-707-3767

Every Wednesday:
-Out of the Box 9am at the Fitness Center
-Mat Pilates 7pm at Cabañas Picnic Area
787-707-3767

Wed. to Fri. Lunch -A- Bowl @ Bowling Center,
11 am – 1 pm, 787-707-2695

MFLC Educational Groups for Families at the
Chapel Annex Bldg.292 2pm to 3pm 787-685-3423

Tuesdays through Thursdays SKIES Swimming
Classes, @ the Water Spout, 4:30pm/5:00p

THU 9

Tue thru Fri: Lunch @ the Club,
11 am -1 pm 787-707-3535

BBQ at the Club, 4:00pm 787-707-3535

Month of the Military Child: SCUBA intro class,
3:30pm-4:30pm, 787-707-3734

MFLC Beyond the Loss for Military Families at
Chapel Annex Bldg 292 6pm 787-685-3423

Tuesdays through Thursdays SKIES Swimming
Classes, @ the Water Spout, 4:30pm/5:00pm,
787-707-3541

Cinema Club Movie:
7:30pm: Exodus: Gods and Kings (PG-13),
787-707-3535

FRI 10

Tue thru Fri: Lunch @ the Club, 11 am -1 pm
787-707-3535

BBQ at the Club, 4pm 787-707-3535

EVERY Friday Taekwondo Classes,
4pm-6pm, 787-707-3878/3541

DJ Music at the Zone 7pm, 787-707-3535

Cinema BIG Screen Club Movie:
7:30pm: Into the Woods (PG),
787-707-3535

SAT 11

Guanica Wall SCUBA Diving Adventure,
5am departure, 787-707-3734

Month of the Military Child: Gamer's Day,
9am- 12pm, Café 151, 787-707-2233

Every Saturday :
-Yoga 9am at Cabaña Picnic Area
-Cycling Class 10:30am at Fitness Center
787-707-3767

EVERY Saturday
Mighty Mites Taekwondo Classes,
9am-10am, 787-707-3878/3541

Game Improvement Clinic:
How to curve the golf ball
Golf Course, 787-707-3980

SUN 12

Every Sunday Family Bowling from
1pm to 5pm, 787-707-2695

MON 13

Every Monday Oil Change for \$8.00 at the
Automotive Skills Center 787-707-3972

Cycling Class
12:00pm/4:30pm/6:00pm, @ the Fitness Center,
787-707-3767

Every Monday & Wednesday
Conversational English Course for Adults, @
Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

Mondays thru Thursdays Teen Bowling Special @
Bowling Center, 3 pm – 5 pm 787-707-2695

Training for Parents and Community,
bldg. 1000, 4:30pm-5:30pm 787-707-3787

TUE 14

Tue thru Fri: Lunch @ the Club,
11 am -1 pm 787-707-3535

Tuesdays through Thursdays SKIES Swimming
Classes, @ the Water Spout, 4:30pm/5:00pm,
787-707-3541

Every Tues. & Thursday BINGO at the Club
6pm, 787-707-3535

WED 15

Earth Day Outdoor Out of the Box 90 Minute
Challenge @Fitness Center, 9:00am, 787-707-3767

Tue thru Fri: Lunch Menu @ the Club,
11 am -1 pm 787-707-3535

Wed. to Fri. Lunch -A- Bowl @ Bowling Center,
11 am – 1 pm, 787-707-2695

MFLC Educational Groups for Families
at the Chapel Annex Bldg.292 , 2pm to 3pm
787-685-3423

Every Monday & Wednesday
Conversational English Course for Adults,
@ Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

Tuesdays through Thursdays SKIES Swimming
Classes @ the Water Spout, 4:30pm/5:00pm,
787-707-3541

THU 16

Easter 90 Minute Cycling Challenge,
11:30am, Fitness Center, 787-707-3767

Every Tuesday & Thursday
Conversational English Course for Adults, @
Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

BBQ at the Club, 4pm 787-707-3535

MFLC Beyond the Loss for Military Families at
Chapel Annex Bldg 292 6pm 787-685-3423

FRI 17

Basic SCUBA 3-Day Course, 787-707-3734

Blood Drive, MG (Ret) Felix A. Santoni Armed Forces
Reserve Center, 787-707-5138/5105

Military & Family Life Counselors Program Outreach
Services at the Exchange 11am- 1pm 787-685-3423

EVERY Friday Taekwondo Classes, 4pm-6pm,
787-707-3878/3541

BBQ at the Club, 4pm 787-707-3535

Bouncy Night, Community Club Parking,
5:00pm-7:00pm, 787-707-5105

DJ Music at the Zone 7pm, 787-707-3535

Cinema Club Movie:
6:00pm: Big Eyes (PG-13)
8:30pm: The Pyramid (R)
787-707-3535

SAT 18

Basic SCUBA 3-Day Course, 787-707-3734

Caja de Muertos Island Ponce, 6am departure,
787-707-3734

Every Saturday :
-Yoga 9am at Cabañas Picnic Area
-Cycling Class 10:30am at Fitness Center
787-707-3767

Month of the Military Child: Intro to Golf Class,
10am-12pm, Golf Course, 787-707-3980

Earth Day 5k Fun Run, Community Club,
5pm, 787-707-3767

EVERY Saturday
Mighty Mites Taekwondo Classes, 9am-10am,
787-707-3878/3541

SUN 19

Basic SCUBA 3-Day Course,
787-707-3734

Every Sunday Family Bowling
from 1pm to 5pm, 787-707-2695

Surfing Tutorials, 7am
departure, 787-707-3734

MON 20

Every Monday Oil Change for \$8.00 at the
Automotive Skills Center 787-707-3972

Cycling Class
12:00pm/4:30pm/6:00pm, @ the Fitness Center,
787-707-3767

Mondays thru Thursdays Teen Bowling Special
@ Bowling Center, 3 pm – 5 pm 787-707-2695

TUE 21

Computer Orientation @ the Post Library,
10am 787-707-3208

Tue thru Fri: Lunch @ the Club,
11 am -1 pm 787-707-3535

Tuesdays through Thursdays SKIES Swimming
Classes, @ the Water Spout, 4:30pm/5:00pm,
787-707-3541

BINGO Every Tues. & Thursday at the Club
6pm, 787-707-3535

WED 22

Administrative Day Balloon Bouquet,
8am-1pm, 787-707-5105

MFLC Educational Groups for Families at the
Chapel Annex Bldg.292 2pm to 3pm 787-685-3423

Mondays thru Thursdays Teen Bowling Special @
Bowling Center, 3 pm to 5 pm 787-707-2695

Month of the Military Child: Storytime "Paws to
Read", Post Library, 3pm, 787-707-3208

Earth Day Cycling Challenge, 4:30pm, Fitness
Center, 787-707-3767

Tuesdays through Thursdays SKIES Swimming
Classes @ the Water Spout, 4:30pm/5:00pm,
787-707-3541

THU 23

Tue thru Fri: Lunch @ the Club,
11 am -1 pm 787-707-3535

BBQ at the Club, 4pm 787-707-3535

MFLC Beyond the Loss for Military Families at
Chapel Annex Bldg 292 6pm 787-685-3423

Movie at the Library: Disney's Tinker Bell and the
Legend of the Neverbeast (G) Post Library, 6:00pm,
787-707-3208

FRI 24

Month of the Military Child: Teen Cycling Class,
Fitness Center, 3pm, 787-707-3767

BBQ at the Club,
4pm 787-707-3535

EVERY Friday Taekwondo Classes, 4pm-6pm,
787-707-3878/3541

MFLC Beyond the Loss for Military Families at
Chapel Annex Bldg 292
6pm 787-685-3423

Cinema Club Movie:
6:00pm: The Imitation Game (PG-13)
8:30pm: The Wedding Ringer (R)
787-707-3535

DJ Music at the Zone 7pm, 787-707-3535

SAT 25

Crash Boat Family Day, 6am departure,
787-707-3734

2-Person Scramble Tournament, Golf Course,
9:00am, 787-707-3980

Every Saturday:
Yoga 9am at Cabaña Picnic Area

Cycling Class 10:30am at Fitness Center
787-707-3767

EVERY Saturday
Mighty Mites Taekwondo Classes,
9am-10am, 787-707-3878/3541

SUN 26

Every Sunday Family Bowling
from 1pm to 5pm, 787-707-2695

MON 27

Every Monday Oil Change for \$8.00 at the
Automotive Skills Center
787-707-3972

Cycling Class
12:00pm/4:30pm/6:00pm, @ the Fitness
Center, 787-707-3767

Mondays thru Thursdays Teen Bowling
Special @ Bowling Center, 3 pm – 5 pm
787-707-2695

TUE 28

Every Tuesday Cycling Class at Fitness Center
5:30am/12pm/4:30pm 787-707-3767

Tue thru Fri: Lunch @ the Club,
11 am -1 pm 787-707-3535

BINGO Every Tues. & Thursday at the Club
6pm, 787-707-3535

WED 29

Child Find, Community Club,
8am-2:30pm, 787-707-3295/2167

Tue thru Fri: Lunch Menu @ the Club,
11 am -1 pm 787-707-3535

Wed. to Fri. Lunch -A- Bowl @ Bowling Center,
11:00 am – 1:00 pm, 787-707-2695

MFLC Educational Groups for Families at the
Chapel Annex Bldg.292 2pm to 3pm 787-685-3423

Every Monday & Wednesday
Conversational English Course for Adults, @
Chapel Annex bldg.292, 2:30-4:30, 787-707-3682

Mondays thru Thursdays Teen Bowling Special
@ Bowling Center, 3 pm to 5 pm 787-707-2695

THU 30

Coupon Club@ the Post Library,
11:00am – 12:00pm 787-707-3208

CYS Month of the Military Child Closing Mardi
Gras Carnival, bldg.1000, 3pm-6pm, 787-707-3787

BBQ at the Club, 4pm 787-707-3535

MFLC Beyond the Loss for Military Families at
Chapel Annex Bldg 292 6pm 787-685-3423

Family
and
MWR
Events

Happy
Easter

WEEKLY EVENTS: • Mondays & Wednesday- Cycling class 12:00pm/4:30pm/6:00pm at Fitness Center • Tuesdays & Thursdays Cycling Class 5:30am/12:00pm/4:30pm at Fitness Center • Saturdays - Cycling Class 10:30am at Fitness Center • Monday, Wednesday & Fridays - Out of the Box 9:00am at Fitness Center • Mondays, Tuesdays & Saturdays - Yoga Class at Cabañas Picnic Area (Mon. 10:30am/Tue. 5:30pm/Sat. 9:00am) • Wednesday - Pilates 7:00pm at Cabañas Picnic Area • Monday & Thursday - Teen Bowling Special, 3:00 pm at Bowling Center • Tuesday thru Friday- Lunch Offerings 11:00am-1:00pm at the Community Club & Conference Center • Tuesdays & Thursdays- BINGO 6:00 pm at the Community Club & Conference Center • Thursdays & Fridays BBQ, 4:00 pm, at the Community Club & Conference Center • Wednesdays thru Fridays - Lunch-A-Bowl, 11:00 am at Bowling Center • Fridays -Cinema Club, 6:00pm & 8:30 pm at Community Club & Conference Center

Calendar subject to change. For updated version: www.buchananmwr.com

COMMUNITY RECREATION DIVISION



Show that special person in your office how much you appreciate and value his/her work with a Beautiful Balloon Bouquet.

Call 787-707- 5105 for orders in advance.

Wednesday, April 22nd at the Community Club & Conference Center.

\$10.00 includes deliveries on post! Proceeds from sales used to support the BOSS Program.



About Administrative Professionals Day

During World War II, there was an increased need for skilled administrative personnel, particularly in the United States. The National Secretaries Association was formed to recognize the contributions of secretaries and other administrative personnel to the economy, to support their personal development and to help attract people to administrative careers in the field. The association's name was changed to Professional Secretaries International in 1981 and, finally, the International Association of Administrative Professionals (IAAP) in 1998.

The first National Secretaries Week was organized in 1952 in conjunction with the United States Department of Commerce and various office supply and equipment manufacturers. The Wednesday of that week became known as National Secretaries Day. As the organization gained international recognition, the events became known as Professional Secretaries Week® and Professional Secretaries Day®. In 2000, IAAP announced that names of the week and the day were changed to Administrative Professionals Week and Administrative Professionals Day to keep pace with changing job titles and expanding responsibilities of the modern administrative workforce. Many work environments across the world observe this event.

Source: TimeandDate.com

SPORTS & FITNESS • OUTDOOR RECREATION

FITNESS CLASSES

ZUMBA

Invited Zumba instructor Lieschen Montaner will show demonstrations on Thursday, April 9th at 9:00 am and Tuesday, April 21st at 5:00 pm at the Fitness Center, Bldg. 167. Don't miss out on this opportunity!

90 MINUTE INDOOR CYCLING CLASS

90 minutes of intense workout for those willing to take the challenge! On Thursday, April 16th starting at 11:30 am at the Fitness Center, Bldg. 167.

EARTH DAY CYCLING CHALLENGE

Join us for 80 minutes of indoor cycling in celebration of Earth Day! Thursday, April 22nd starting at 4:30 pm at the Fitness Center, Bldg. 167.

EARTH DAY OUTDOOR OUT OF THE BOX

90 minutes of outdoor functional exercises in honor of our Earth! Wednesday, April 15th starting at 9:00 am at the Fitness Center, Bldg. 167.

More details by calling 787-707-3767.

OUTDOOR RECREATION

ADVENTURES & CLASSES

SCUBA

Guánica Wall Scuba Diving Adventure

Saturday,
April 11th

Departure: 5:00 am
from ODR Bldg. 67
and 5:00 pm to ODR
Includes: transportation,
two dives,
equipment, snacks
and water.

Cost:
\$100.00 (equipment
not Included)
\$115.00 (equipment
included)

Call 787-707-3734 for more details. Divers must have advanced open water certification to sign-up for this adventure.

Upcoming Scuba Classes:

Basic Scuba (three day course)

April 17th, 18th and 19th.

Cost: \$150.00 per adult (equipment included)

Advanced Scuba

May 2nd and 3rd.

Cost: \$135.00 per adult (equipment not included). Equipment cost: \$50.00 per week-end.



ADVENTURES

Caja de Muertos Island Adventure

Saturday, April 18th

Includes: Transportation, Ferry Fee, Hiking to the Island's Lighthouse, Guides and Refreshments

Cost: \$55.00 per adult / \$50.00 children

Departure and arrival: 8:30 am from ODR
Bldg. 67 and 6:30 pm to ODR

Surfing Tutorial

Sunday, April 19th

Includes: Transportation, Equipment, Guides, Refreshments, Tutorials

Cost: \$39.00 per adult

Departure at 7:00 am from ODR
Bldg. 67.

Crash Boat Family Day, Aguadilla

Saturday, April 25th

Includes: Transportation, Kayaks, Stand-up Paddle Boards, BBQ and Refreshments

Cost: \$55.00 per adult / \$50.00 children

Departure and arrival: 6:00 am from ODR
Bldg. 67 and 5:30 pm to ODR

More details for scuba classes and trips at

787-707-3734

2015 MONTH OF THE MILITARY CHILD

Proud, Ready and Resilient

The Community is invited to celebrate!

Kick-off Event
Tuesday, April 7th
3:00 pm • Bldg. 1000

FUN
INFLATABLES
REFRESHMENTS

Closing Event
Thursday, April 30th
3:00 pm • Bldg. 1000

CLOWN SHOW
INFLATABLES
REFRESHMENTS

787-707-3569



NEW SAC Kinder Camp Summer 2015!

Child, Youth & School (CYS) Services offers a unique summer program to Kindergarten children who will be starting first grade at the beginning of the next school year. At Kinder Camp you will find a tremendous concentration of "nice campers" and "great role-models" that provide a wonderfully inclusive environment for your child. We strive to maintain an environment that both encourages personal growth and creates an unforgettable summer experience.

At Kinder Camp we have created a fun-filled and positive atmosphere in which campers can develop the many facets of their unique and individual potential. Kinder Camp reinforces a sense of fair play and respect for one's self and others. This experience helps children learn to live with others and develop their self-esteem, independence, and a sense of responsibility and accomplishment. We also offer a SAC Summer Camp from 1st thru 5th grade. For additional information, please contact Parent Central Services at 787-707-3787/3541/3434.

Class in April

Wednesday, April 1st-
Bicycle Class
10:00 am - 12:00 pm, Auto Shop



SAC & MST Summer Camp 2015 Registrations

Registrations continue until May 15th by appointments. Camp runs from June 8th thru July 24th. Registration dates are as follows:

Until April 10th Active Duty Only for Kinder thru 12th grades.

April 13 to 17 Active Duty, DoD SAC and CYSS user Kinder thru 2nd grade.

April 20 to 24 Active Duty and SAC CYSS user 3rd thru 5th grade.

April 27 to May 1 AD and non DoD MST CYSS user 6th thru 12th grade.

May 4 to 8 AD/DoD and Non CYSS user Kinder thru 12th grade.

May 11 to 15 AD/ DoD and Non DoD CYSS non user 6th thru 12th grade.

ACTIVE DUTY PRIORITY. Only dependants of Non-DoD civilians enrolled in Antilles Middle School and High Schools (grades 6th to 12th) will be eligible to use the CYSS Middle School (MST) programs to include camps. Parents need to call to schedule an appointment for Summer Camp Registrations. Call Parent Central Services at **787-707-3787/3541/3434.**

CHILD, YOUTH & SCHOOL SERVICES



CHILD, YOUTH AND SCHOOL SERVICES UNITED STATES DEPARTMENT OF AGRICULTURE (USDA) CHILD AND ADULT CARE FOOD PROGRAM (CACFP) INCOME ELIGIBILITY GUIDELINES

The Fort Buchanan Child, Youth and School (CYS) Services announce its continued participation in the Child and Adult Care food Program, sponsored by the Puerto Rico Department of Education. The Nutrition Programs are available to the children enrolled at the Child Development Center and School Age Center, without regards on the basis of race, color, national origin, sex, age or disability. No discrimination exists in the meal service, admission requirements, and the use of facilities. If a CYS Services patron feels she / he has been discriminated against, he / she may submit a written Civil Rights Complaint Form to one of the following addresses:

USDA, Director, Office of Adjudication
1400 Independence Avenue SW
Washington DC 20250-9410
or

Department of the ARMY
Child, Youth and School Services
Bldg. 1301-F Depot Road
Fort Buchanan, PR 00934

Or call free of charge (866) 632-9992. Speech or hearing impaired may contact USDA through the Federal telephone service (800) 877-8339 (English) or (800)845-6136 (Spanish). USDA is an Equal Employment Opportunities employer and provider.N

USDA Program is offered in the following centers:
Child Development Center and School Age Center,
Building 1000 Flamboyant Street, Fort Buchanan, PR 00934
Tel: 787-707-3280 / 3769
Director: Ms. Tiffney Lane

CYS Services customers must fill out the USDA application form to determine eligibility based on free or reduced category, and must provide evidence of household income.

Income Eligibility Guidelines Effective 1 July 2014 to 30 June 2015

| Household size | Free Meals Annual - Monthly | Reduced Price Meals Annual - Monthly |
|---|--------------------------------|---|
| 1 | 15,171 - 1,265 | 21,590 - 1,800 |
| 2 | 20,449 - 1,705 | 29,101 - 2,426 |
| 3 | 25,727 - 2,144 | 36,612 - 3,051 |
| 4 | 31,055 - 2,584 | 44,123 - 3,677 |
| 5 | 36,283 - 3,024 | 51,634 - 4,303 |
| 6 | 41,561 - 3,464 | 59,145 - 4,929 |
| 7 | 46,839 - 3,904 | 66,656 - 5,555 |
| 8 | 52,117 - 4,344 | 74,167 - 6,181 |
| For each additional family member, please add | +5,278 | +7,511 |

Tell us if you are interested in Part-Day Preschool Program

The Child, Youth & School Services is conducting a survey to identify those parents interested in registering their children in a 3 hours- three days a week Part-Day preschool program. (Monday, Wednesday and Fridays), 8:00 am-11:00 am. Days may vary during the school age after school program extended care hours.

This program will be offered during the school year. A fee will be charged based on the CYSS Fee Policy. A minimum of ten children will be required to be registered to be able to implement this program. This program will be available for those parents that are not working or are attending a part day school program. Please contact the CYSS PCS office at 787-707-3434/3787 for more information.

SKIES Martial Arts Taekwondo Classes for Youth and Little Ones

Fridays for ages 5 - 18, group classes.
Saturdays classes for ages 3 to 5.
For fees please call
787-707-3787/3541/3434.



YS Triathlon ages 6 - 18

- **RUN .9 mile**
- **BIKE 3/4 mile**
- **SWIM 50 meters**

Monday, May 13th
starting at 2:00 pm at SAC,
Bldg. 1000.

Registrations at 1:00 pm.
For more information call
787-707-3787 / 3434.

Fort Buchanan supports alcohol awareness

Myrna M. Llanos
Prevention Coordinator

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. In recognition of alcohol's dangerous and long-lasting influence among adolescents, adults, and families, the National Council on Alcoholism and Drug Dependence has declared April as Alcohol Awareness Month. This April during Alcohol Awareness Month the Ft. Buchanan Army Substance Abuse Program (ASAP) encourages you to educate yourself and your loved ones about the dangers of drinking too much. To spread the word and prevent alcohol abuse, ASAP is joining other organizations across the country to honor Alcohol Awareness Month.

Drinking too much alcohol increases people's risk of health-related injuries, violence, drowning, liver disease, and some types of cancer. When a family member, caregiver, or friend abuses alcohol, they are not the only ones who may be adversely affected. Children of parents who abuse alcohol are at a greater risk for trauma including verbal, physical, and sexual abuse, and neglect. Children of Alcoholics (COAs) exhibit

more symptoms of depression and anxiety, and have lower self-esteem than do children who do not have an alcoholic caregiver. Parents, caregivers, and members of the community can play a key role in preventing alcohol abuse in children.

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

If you are concerned about someone else's drinking, offer to help. We can all do our part to prevent alcohol misuse or abuse.

How can Alcohol Awareness Month make a difference?

We can use this month to raise awareness about alcohol abuse and take action to pre-

vent it, both at home and in the community.

ASAP will sponsor a manned information booth at the PX Lobby all day Friday 10 April 2005.

For additional information or if you want to know more about prevention of alcohol abuse, contact:

Myrna M. Llanos, Prevention Coordinator
Army Substance Abuse Program (ASAP)
1300-D Mayaguez Rd
Ft. Buchanan, PR. 00934
TEL 787-707-3125
DSN 740-3125 FAX 787-707-2073
E-mail: myrna.m.llanos.civ@mail.mil



Gold Star pins honor Soldiers and Families

The Gold Star first appeared on flags in 1918, when families would pin a gold star over the blue service star hanging in their window to indicate that their loved one had been killed overseas. At that time President Wilson also authorized mothers to wear a gilt gold star on the traditional black mourning arm band to signify they lost a child in the war.

In 1947, the Gold Star lapel pin was designed and created to be presented to eligible surviving family members of service

members who died while deployed in support of Overseas Contingency Operations, or who died from wounds sustained in theater (Public Law 80-306). The Gold Star lapel pin consists of a gold star on a field of purple surrounded by laurel leaves.

The Next of Kin Deceased Personnel lapel pin consists of a gold star on a gold background surrounded by four oak sprigs. It was approved in 1973 for the primary next of kin of service members who lose their lives while serving on active duty or while as-

signed in an Army Reserve or Army National Guard unit in a drill status, and is authorized for issue retroactive to March 29, 1973. The widow or widower, each parent, each child, stepchild, child through adoption, brother, half-brother, sister, and half-sister are entitled to receive and wear these pins in recognition of their loss and the sacrifice of their loved one.

Courtesy goldstarpins.org





The Fort Buchanan Fire Department, Fire Chief wants you to know...

Matches are not toys

WORKPLACE FIRE PREVENTION TIPS

There is a home fire somewhere nearly once every minute. Fires have many causes, but most of them fall into some broad basic categories: cooking, electrical, smoking, and children playing with matches and lighters are the main causes of fires. Hundreds of people die each year from the last one.

Two of your most important safety tasks in the home are to make sure children never have access to matches or lighters, and to educate them on the dangers of fire and how they're started. These two things cannot be stressed enough. It's absolutely critical that you never leave matches or lighters where children can get to them. If you smoke, you should never set your lighter down on an end table, coffee table, etc.

If a child should happen to find them, they should bring them directly to you. If your child ever does bring them to you, make sure to praise them profusely, and make it clear how proud you are of them. You should also make it clear to them in just the same way that if they find any of their friends, or any other children, playing with matches or lighters, that they're to come straight to you or the nearest adult and let them know.



DES BLOTTER

For the month of February, The Police Department reports the following:

Most relevant offenses that occurred during this month:

- ☒ Five traffic accidents reported due to improper backing
- ☒ Three Accidental Damages (rocks, golf balls, shopping carts and cars hitting vehicles)
- ☒ Two shopliftings at the Main Exchange. This is when people don't pay for the items or change price tags
- ☒ One customer paid at the Main Exchange with counterfeit money (fake money)

Traffic Violations for the month:

- ☒ 25 Central Violations Bureau (CVB) Traffic Tickets
- ☒ The most common violations were Failure to Stop at a Posted Stop Sign, Speeding, Expired Registration and Expired Drivers License.
- ☒ 11 Warning Ticket (DD1408) – They are issued to military personnel and federal civilians who work on the installation. A DD1408 is not a "to pay" fine but is administrative in nature.

Entries in the DES Blotter are not necessarily adjudicative or prosecutorial in nature and do not always involve criminal charging by a prosecutor or in a criminal court.

ARMY COMMUNITY SERVICE

Family Advocacy Program

New Parent Support Morning Playgroup and FAP Classes offered by appointments:

- Dealing with Family Stress and Anger
- Prevention of Domestic Violence
- Dealing with Separation

Child Abuse Prevention Campaign Reading & Signing of Proclamation and Information Booth

Wednesday, April 1st from 11:00 am to 2:00 pm at The Exchange Lobby, Fort Buchanan.

Silent Walk Against Child Abuse

Wednesday, April 15th starting at 9:00 am from Antilles Elementary School and High School to the Middle School.



**FINRA Foundation
Military Spouse Fellowship**

FINRA Foundation Military Spouse Fellowship for the AFC® (Accredited Financial Counselor) program

The fellowship program strives to:

- Train military spouses to provide financial counseling and education within the military community
- Help military spouses achieve career goals and aspirations and enhance job-related marketability
- Develop personal financial management skills of military families.

The 2015 Military Spouse FINRA Fellowship Application will be open through April 17, 2015.

Visit www.militaryspouseafcpe.org for more details. The Association of Financial Counseling and Planning Education® (AFCPE®), in partnership with the National Military Family Association and the FINRA Investor Foundations.

Exceptional Family Member Program Child Find Day

Wednesday, April 29th from 8:00 am to 2:30 pm at the Community Club's Conquistador Room. If you are concerned about your child as he/she meets developmental milestones, please make your appointment by calling 787-707-3295/2167.

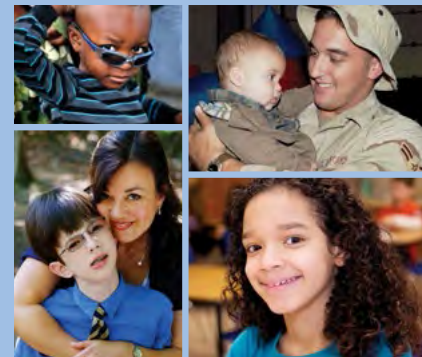
Cross Cultural- Spanish Teacher Volunteer position recruitment

Required qualifications for this position are:

- Educational academic background and experience teaching Spanish
- Experience teaching adults
- Ability to follow verbal and written instructions
- Ability to organize tasks
- Ability to communicate effectively with the public.
- Volunteer is required to speak & write Spanish and English.

For more information, please call 787-707-3682 or email: arlene.romero.civ@mail.mil

April is NATIONAL Child Abuse Prevention MONTH



Know the warning signs.

Help stop child abuse – before it happens.

Everyone plays a role in keeping our children safe and healthy. Learn more at militaryonesource.mil.

Discipline can help or hurt: know the difference.

Connect with others. Learn about parenting resources like the New Parent Support Program, counseling and more at Fort Buchanan's Family Advocacy Program at 787-707-3709 or Military OneSource at 800-342-9674.

Preventing child abuse is everyone's business.



Children deserve to be protected. If you see child abuse or neglect, the National Child Abuse Hotline at 800-422-4453 or call your Fort Buchanan's Family Advocacy Program or e-mail: wilda.l.diaz.civ@mail.mil



REMEMBER & HONOR
GOLD STAR WIVES' DAY • APRIL 5, 2015

The gold star symbol represents a life that was lost in service to our nation.
REMEMBER and HONOR Surviving Military Spouses.

To learn more about the symbols of honor Surviving Military Families wear, visit GoldStarPins.org

Army Survivor Outreach Services
www.sos.army.mil

ARMY COMMUNITY SERVICE • POST LIBRARY

Army Volunteer Corps

Fort Buchanan's Volunteer Recognition Activity

Friday, April 17th, 2015 at the Community Club and Conference Center, 10:30 am to 1:00 pm

Theme: Army Volunteer:

HANDS THAT SERVE, HEARTS THAT CARE.

INVITATION TO ALL VOLUNTEERS REGISTERED in the Volunteer Management Information System (VMIS)

10:30 am to 11:00 pm- Early Bird Activity

- Creative Photographs Booth and AAFES Promotions

11:00 am to 11:15 am- Registration and Attendance

- Registered Volunteers free of cost.
- Guest entrance \$10 per person.
- Volunteer's Certificate and Token of Appreciation provided at the registration table.

11:15 am to 12:00 pm- Volunteer Recognition Ceremony

12:00 pm to 1:00 pm- Serving Line and Entertainment

Attire: Casual

To confirm attendance please call the Volunteer

Office at 787-707-3365/3804, Email: ivette.davila@us.army.mil



POST LIBRARY

Customers' first choice:

New books and DVD selections, April 1st, 10:00 am.

Author of the Month:

Jayne Ann Krentz with a display of her books available for check-out. She is the author of fifty New York Times bestsellers. She has written contemporary romantic suspense novels under that name, as well as futuristic and historical romance novels under the pseudonyms Jayne Castle and Amanda Quick, respectively. She lives in Seattle. .

The Fort Buchanan Library celebrates **National Library Week. Theme: Unlimited possibilities at your Library, April 12 – 18** with a display of reading materials available for check-out.

Story Time: Wednesday April 22nd at 3:00 pm and the theme will be **Paws To Read**. Children of all ages are welcome and must be accompanied by an adult.

Computer Orientations: on Tuesday, April 21st at 10:00 am to assist customers in accessing public computers and reference resources.

Library Coupon Club: Thursday, April 30th from 11:00 am – 12:00 pm. Come learn how to save money on your

FREE Wi-Fi AT THE LIBRARY

grocery bill, where to find and organize your discount coupons to maximize your savings!

Video Games

Available @ your Library: Xbox 360 and PS3 games for check out for 7 days, one per family. You must present your military ID card and to register at the library.



Our Book of the Month:

Dream Eyes by Jayne Ann Krentz. A suspicious death. A ghost in a mirror. The new Dark Legacy novel from the New York Times bestselling author known for crafting sto-

ries of burning passion and chilling suspense.

New at Your Library:

CultureGrams: Reports on over 200 countries, all 50 United States, and the Canadian Provinces. Information includes daily life, customs, and lifestyles of the world's people. Up-to-

date facts and figures are also provided. To learn more about CultureGrams visit the Library or call at (787)707-3208.

Movie at the Library:

Disney Tinker Bell and the Legend of the Neverbeast, G Thursday, April 23rd, 6:00 pm.

Return to Pixie Hollow for a heart-warming adventure, Disney's **TINKER BELL AND THE LEGEND OF THE NEVER BEAST**.

An ancient myth of a massive creature sparks the curiosity of Tinker Bell and her good friend Fawn, an animal fairy who's not afraid to break the rules to help an animal in need. But this creature is not welcome in Pixie Hollow -- and the scout fairies are determined to capture the mysterious beast, who they fear will destroy their home. Fawn must convince her fairy friends to risk everything to rescue the NeverBeast.



For more information call the Post Library at 787-707-3208

AHS student writes and co-directs play

Cindy Gibson
Public Affairs Officer
Office of the Director, DDESS/DoDDS-Cuba

"I really can't pinpoint an exact starting point of my passion for writing; there doesn't seem to be a single point of initiation," said Antilles High School sophomore Alejandro Romero. "Ever since I was a kid, my parents exposed me to a lot of literature and storytellers."

Fifteen-year-old Alejandro was the only AHS student to make the pre-Thanksgiving deadline, answering a contest invitation by Drama teacher Ivonne Lopez to write a play to be presented by AHS students in April.

Ms. Lopez approached the English teachers about her Playwright Contest idea. They advertised the contest with guidelines for the writing. The theme would be a contemporary social issue that could incorporate comedy, should be at least three acts, and last for at least an hour.

The English teachers and Ms. Lopez read and judged the play the first week in December. "I read Alejandro's play, 'To



Change a Memory," Ms. Lopez said. "I was aware that if the English teachers and I did not like it, I had to find another play. We loved it!"

This has not been Alejandro's first suc-

cess with writing. When just 13, he wrote a novel, *The Fortress*, which is available on Amazon. "I have written stories all my life, mainly just fictional tales wrought on by creativity," he said. "Short stories, poems, novels: I had tried them all." The novel was written "for fun."

So when presented with the challenge of writing a full-length play, he said he was not hesitant to try something new. "Although it was challenging at times, it really was a worthwhile endeavor," Alejandro said.

Speaking of something new, Alejandro has also been invited to co-direct the play. "He knows how the characters should be played," Mrs. Lopez said, "because he wrote the play."

Alejandro is the son of Aurora Aponte and Francisco Romero.

"To Change a Memory" is scheduled to be performed at 7 p.m., April 17, at Antilles High School.

DFMWR and RSO ASIST DHR



Fort Buchanan Garrison's Directorate of Human Resources provided the Applied Suicide Intervention Training (ASIST) with the help from the Directorate of Family, Morale, Welfare and Recreation and the Religious Services Office on Feb. 26 at the Chapel Annex. José L. López, Public Affairs Office



Fort Buchanan Garrison Religious Services Office
invites the community to the

National Day of Prayer
activity scheduled May 7, 2015
here at the Chapel

Spaying and neutering benefits pets

Julie Paige Brown
Veterinary Services Officer in Charge

10,000 pets are euthanized every day in shelters – because there are simply too many pets and not enough homes. Responsible pet ownership means spaying/neutering all pets before they ever have any offspring.

Your pet will also be healthier and happier if spayed/neutered. Some of the benefits include:

- Lower risk of mammary cancer in females. Females spayed before ever going into heat have 1/20th the risk of developing mammary cancer!

- Prevention of pyometra in females. (Pyometra is a life-threatening uterine infection, which often requires expensive emergency surgery.)

- Lower risk of prostate disease and testicular cancer in males.

- Improved trainability and personality development, without the distraction and anxiety of sexual urges.

- Reduction of aggression and hyperactivity.

- Elimination of the urge to roam in search of a mate – so your pet is less likely to run away and become lost, get into fights, or be hit by a car.

- Elimination of heat cycles in females, which are messy and attract unwanted males.

- Prevention of hormone-based behavior problems like indoor urine marking, wailing, and inappropriate sexual approaches toward people or objects.

- Avoidance of extra expenses for food and veterinary care in the event of an unexpected litter of puppies or kittens.

What's even more sad than 10,000 homeless pets being euthanized today in shelters?

The fact that 10,000 more will be euthanized tomorrow. If you allow your pet to breed, you are contributing to these deaths. Please spay/neuter.

Common Myths/Excuses for Not Spaying/Neutering Pets

MYTH: My pet will get fat and lazy.

FACT: Pets gain weight because they eat too much and don't exercise enough. Spayed/ neutered pets do have slightly lower caloric requirements, but there is a

very simple solution to this: Feed them slightly less! If you ever notice your pet (spayed, neutered, or intact) becoming overweight, it is your responsibility to decrease the amount of food he/she eats, or to consult a veterinarian for advice.

MYTH: My male pet will be (or feel like) less of a male.



FACT: Unlike humans, pets don't have any concept of "ego," masculinity, or sexual identity. Neutering will not change your pet's basic personality, and he will not suffer an emotional breakdown or identity crisis when neutered. In fact, neutering a male pet will allow his personality to develop without the constant anxiety and distraction of reproductive urges. Most pets don't even notice that anything is "missing!"

MYTH: My pet is purebred, so it's OK to breed him/her.

FACT: At least a quarter of pets euthanized in animal shelters are purebred. Having a purebred pet does not give you a "free pass" to breed him/her – in fact, quite the opposite! Not every purebred animal conforms to the precise AKC traits that are desired in the breed, so you may actually be contributing to "deterioration" of the breed. The only way to avoid this is to have your pet examined thoroughly for any inherited genetic defects first – which means full-body x-rays, blood tests, and various other health screenings which can easily cost over \$1000.

MYTH: I'll find good homes for all the puppies / kittens.

FACT: Even if you are able to do this, it is very likely that some of them will end up in shelters later in life. But even if you do find good permanent homes for all of your pet's offspring, you are still con-

tributing to pet overpopulation and euthanasia. For each one of your pet's puppies/kittens, the new owners could have adopted a homeless pet from a shelter – a pet that will now be euthanized instead.

MYTH: It's better to have one litter before spaying a female pet.

FACT: Medical evidence indicates just the opposite. Females spayed before ever going into heat (which usually happens around 6-8 months of age) are much healthier overall, with decreased risk of several potentially life-threatening diseases such as pyometra (uterine infection) and mammary cancer. Also, the surgery itself is safer in younger pets, because their reproductive organs are smaller and have less blood supply.

MYTH: I want my children to experience the miracle of birth.

FACT: Pet births may seem a bit less "miraculous" when you consider the fact that your pet's puppies/kittens are taking homes away from other puppies/kittens which will now have to be euthanized because of your decision. It is much more appropriate to teach children that all life is precious, by spaying and neutering our pets.

MYTH: My dog/cat is so special; I want a puppy/kitten just like her.

FACT: Your pet's offspring will not be clones of your pet. Your pet's genes will be mixed with those of another animal, and the outcome is highly variable – especially when it comes to temperament, which is determined much more by a pet's early environment and socialization. (Even an exact clone would be likely to have a very different personality!) There are plenty of homeless pets who are just as cute, smart, sweet, and loving as your own.

MYTH: It's too expensive to have my pet spayed or neutered.

FACT: This is one of the most important things to consider before acquiring a pet. If you can't afford to spay/neuter your pet, then you certainly can't afford the costs of leaving your pet intact – including reproductive wellness exams, birthing complications, and the many medical problems that are likely to develop in intact animals (even if they never breed). Many of these are expensive emergency procedures and will not be optional at the time they are needed.

April is Sexual Assault Awareness and Prevention Month



SHARPTM
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION



Speak Up!

SILENCE IS DEAFENING

Prevention is the decisive point in the fight against sexual assault and sexual harassment. You are critical to maintaining our Core Values and leading the call to stand up and join the fight to destroy the insider threat.

Fort Buchanan
Sexual Assault Hotline: 787-406-4222



www.PreventSexualAssault.army.mil
DoD Safe Helpline: 1-877-995-5247



I.A.M. STRONG
INTERVENE • ACT • MOTIVATE

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DUTY

RESPECT

SELFLESS SERVICE

HONOR

INTEGRITY

PERSONAL COURAGE